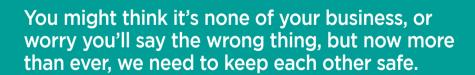
"It's just because... the mental health problems make things hard.""

If you're worried, don't make excuses, act.

Domestic abuse is everyone's business



If you're worried about someone:

- **Be safe:** remember social media, phone and emails might be monitored. Don't confront the abuser.
- Be kind: listen, make suggestions, not demands.
- Be there: be understanding and available.
- Get help: contact organisations for support and information.
- Call 101: if you are concerned about a friend or loved one, or that someone's behaviour is abusive.
- Call 999: if you think there's an immediate danger.

Useful contacts:

National Domestic Abuse Helpline 0808 2000 247

Victims First Northumbria 0800 011 3116

Wearside Women in Need (WWIN) 0800 0665555: 24/7 helpline wwin.org.uk: online chat

The Men's Advice Line **08088010327**

This campaign was developed by domestic abuse and sexual violence support groups supported by Northumbria Police and Crime Commissioner, Kim McGuinness.